

Spiced Up Muffins

Makes: 72 Servings

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Ingredients	Weight	Measure
Sweet potatoes, cooked, mashed		1 qt
All-purpose flour, unsifted	1 1/2 lb	6 cups
Granulated sugar	2 lbs	4 cups
baking powder		3 Tbsp
Ground cinnamon		1 Tbsp
Salt		1 Tbsp
Eggs, large, at room temperature	8 each	

Nutrition Information	
Nutrients	Amount
Calories	236
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	24 mg
Sodium	163 mg
Total Carbohydrate	29 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	49 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

	Salad Oil	3 cups
Walnuts, chopped		2 cups
Raisins or currants		2 cups

Directions

1. In bowl of electric mixer, combine first eight ingredients. Beat at low speed until well blended. Stir in nuts and raisins.
2. Grease and flour 6 dozen muffin cups or line with paper liners. Spoon batter evenly into prepared muffin cups, filling each about 3/4 full.
3. Bake at 350 degrees F. for 15 minutes until muffins spring back when lightly touched with finder. Serve warm.

Notes

Additional Tips

If using self-rising flour, omit baking powder and reduce salt to 1 1/2 teaspoons.

Source: North Carolina Sweet Potatoes